

# Kentucky Department of Education

## Course Standards for 2019-20 and Beyond

Course Code: 703081

Course Name: K-3 Primary Health Education

Grade level: 3

Upon course completion students should be able to:



### Standards

#### Standard 1

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 3.1.1. Explain the potential risks associated with inappropriate use and abuse of prescription medicines.
- 3.1.2. Identify the amount of water and food from each food group that a child needs daily and describe the benefits of drinking water and eating healthy.
- 3.1.3. Describe the relationship between feelings and behavior and appropriate ways to express and deal with emotion.
- 3.1.4. Describe the importance of being aware of one's own feelings and being sensitive to the feelings of others.
- 3.1.5. Explain why rest and sleep are important for proper growth and good health.
- 3.1.6. Describe ways to prevent harmful effects of the sun.
- 3.1.7. List examples of dangerous or risky behaviors that might lead to injuries.
- 3.1.8. Identify characteristics of healthy relationships.
- 3.1.9. Describe the benefits of abstaining from tobacco use and explain the dangers of experimenting with tobacco products.
- 3.1.10. Describe what to do if oneself or someone else is being bullied.
- 3.1.11 Explain that everyone has the right to tell others not to touch his or her body.

#### Standard 2

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 3.2.1. Explain how peers can influence healthy and unhealthy behaviors.

#### Standard 3

Access valid information, products and services to enhance health.

- 3.3.1. Identify characteristics of valid health information.
- 3.3.2. Identify characteristics of accurate and reliable resources for health information.

#### Standard 4

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 3.4.1. Demonstrate verbal and non-verbal ways of communicating with others.
- 3.4.2. Identify healthy ways to effectively communicate when resolving conflict.
- 3.4.3. Identify refusal skills that avoid or reduce health risks and explain why they are important.
- 3.4.4. Demonstrate ways to tell a trusted adult if threatened or harmed.
- 3.4.5. Explain the role of empathy and compassion when listening to others.

#### Standard 5

Use decision-making skills to enhance healthy behaviors.

- 3.5.1. Identify the influences family, peers and media have on personal health decisions.
- 3.5.2. Identify health-related situations that might require an informed decision.

# Kentucky Department of Education

## Standards

- 3.5.3. Identify how community, school, media and technology influence a decision related to personal health.

### **Standard 6**

Use goal-setting skills to enhance healthy behaviors.

- 3.6.1. Set long-term goals for positive physical, mental or emotional health.
- 3.6.2. Establish a long-term plan for achieving goals.
- 3.6.3. Identify resources in the family, school or community that can help with the achievement of health-related goals.

### **Standard 7**

Practice health-enhancing behaviors and avoid or reduce health risks.

- 3.7.1. Describe the importance of developing positive health habits.
- 3.7.2. Identify behaviors that reduce or prevent health risks of disease and injuries.
- 3.7.3. Explain positive health behaviors related to personal wellness, physical activity and safety.

### **Standard 8**

Advocate for personal, family and community health.

- 3.8.1. State personal beliefs that may improve the health of self and others.
- 3.8.2. Identify factual information needed to advocate to improve the personal health and wellness of others.